

PROJECT NAME: Race for Health
PROJECT LEAD: Amber Pickman, MA
TIMELINE: 2010-2011
CONTENT AREA: Public Health, Obesity Prevention
FUNDER: Health Care Foundation of Greater Kansas City
CLIENT: Kansas City Urban Youth Center, Calvary Community Outreach Network, & Urban Kansas City Community of Cycling

AUDIENCE: Kansas City Urban Youth Center, Calvary Community Outreach Network, Urban Kansas City Community of Cycling, Longfellow Elementary School, Health Care Foundation of Greater Kansas City

RESEARCH METHODOLOGY: Quantitative Methods

In order to meet the health needs of the urban youth from these schools and the surrounding neighborhood, the KC Urban Youth Center, the Calvary Community Outreach Network and the Urban Kansas City Community of Cycling coordinate the Race for Health program. The primary purposes of this program are to:

OVERVIEW:

- Equip youth in making healthy food choices at home and school to provide the foundation for life-long nutritious eating.
- Encourage and provide opportunity for daily physical recreation in both structured and unstructured settings to provide the foundation for life-long physical activity.
- Provide opportunities for youth to learn about and experience the sport of cycling.
- Explore ways to make the neighborhoods surrounding our target schools (Longfellow Elementary) more accessible to bike and foot traffic.

RDI enters, interprets and reports on fitness and physiological data. The measures assist in supporting the physical changes experienced by participants. Additionally, RDI works with program staff to assess local bike-ability. Using online surveys, RDI examines the opinion of local school officials, parents, and teachers regarding youth's ability to bike in their community.

Kansas City Urban Youth Center

<http://www.kcurbanyouthcenter.org/>

Calvary Community Outreach Network

LINKS:

www.ccon-kc.org/

Urban Kansas City Community of Cycling

<http://www.urbankccc.com/>

Health Care Foundation of Greater Kansas City

www.healthcare4kc.org